

# Eye drops following cataract surgery

Use the eye drops as provided after surgery – only for the eye that had the surgery:

- **Chlorsig:** 4 times/day for 1 week (antibiotic drop)
- **Maxidex:** 4 times/day until it runs out – generally 2–3 weeks (anti-inflammatory drop)
- **Ilevro:** Once/day until it runs out – generally 1–2 weeks (anti-inflammatory drop)

## How to insert your eye drops:

Wash and dry your hands. Clean the eye first if necessary (see below). Uncap your eye drop bottle. Pull your lower eyelid down with your forefinger to form a pocket. Tilt your head back and look up. Insert one drop from each bottle as instructed.

Use one drop only from each bottle in the eye that has had surgery.

Suggested times are: Breakfast and Lunch and Dinner and Bedtime.

Please wait at least 2 minutes between each drop.

Please use lubricating drops for any gritty sensations in the operative eye (you can buy these over the counter in the pharmacy). Continue to use your usual eye drops (glaucoma etc) as directed by Dr Adams – start a fresh bottle after the operation. Sometimes you may be given additional or alternative drops – if so, Dr Adams will discuss this with you. Store the drops in a cool place. The door of the fridge is suitable. Shake the drops well before each use.

## The morning after surgery:

- Remove the eye shield.
- Use the Cleansing Pack provided in your bag to clean the eye. The cleansing pack contains several small cleansing pads, small plastic vials of normal saline labeled sodium chloride 1% (NOT to be used directly in the eye), and Micropore tape to secure your plastic shield at night.
- Open one vial of normal saline and use to soak a small cleansing pad.
- If you need to clean your eye use the cleansing pad, gently clean the operated eye whilst closed by wiping from inner to outer eye. Wipe once and throw the pad away. Repeat with a second pad if needed. (Note these are not “eye pads” — they are NOT to be taped over your eye, they are just for cleansing).
- After cleansing insert the prescribed eye drops as directed.

## Dos and don'ts – post surgery

### Do:

- Use the drops as directed
- Wear the protective shield for one week at night when sleeping.
- Resume moderate physical activity after 24 hours and continue to watch television or read
- Avoid situations where you might fall or bump your head.
- Avoid windy or dusty situations
- Shower or bathe but do not allow tap water to enter your eye for the first few days. After this, you can shower as normal, but keep your eyes closed.
- Wait until after your follow up appointment before driving a vehicle. You should not drive or operate machinery for 48 hours after surgery

## Eye drops following cataract surgery *continued*

### Don'ts:

- DO NOT RUB or apply pressure to the eye
- Don't forget to use the eye drops.
- Don't wear eye makeup for two weeks, and when you do, make sure it's a new product.
- Do not swim for two weeks (with goggles) or four weeks (without goggles) following cataract surgery.
- Don't forget to keep all follow up appointments.

It is not unusual for your vision to fluctuate a little but a sudden or significant loss of vision is unusual.




**If you have any significant problems such as severe pain, decreasing vision or worsening discomfort or swelling around the eye, contact Dr Adams at Insight Eye Surgery on 07 3154 1515 (Brisbane) or 07 5345 5011 (Noosa) in business hours or attend your local hospital emergency department after hours.**

### Post-cataract drop calendar



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- Ilevro Once/day until it runs out- generally 2–3 weeks (anti-inflammatory drop)

This worksheet is helpful to keep track of your drop usage.

Week 1*		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Chlorsig	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Maxidex	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Ilevro	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

\*Week 1 starts on the day of your surgery

Week 2		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Maxidex	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Ilevro	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Week 3		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	Maxidex	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
	Ilevro	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>